

# Beyond Your Limits






## Overview

This module focuses on heat illnesses that can be brought on by overexertion. It will address signs and symptoms, how to treat them, and give you guidance on how to avoid these conditions altogether.

## Facilitator Quick Checklist

The following are the most important tasks that should be considered before implementing this module:

- ✓ Preview the Beyond Your Limits Module on the DVD

Time	Facilitator Tasks	Refer To
1 min	<ul style="list-style-type: none"> <li> Introduce module overview (optional) listed above.</li> </ul>	
10 min	<ul style="list-style-type: none"> <li> Play DVD Module 8: <u>Beyond Your Limits</u></li> </ul>	DVD 8
5 min	<ul style="list-style-type: none"> <li> Instruct students to take 5 minutes and review the 'Heat Illness' portion of their IRPG (also in SW)</li> </ul>	IRPG SW 1
10 min    <i>Estimate Total Time:</i> <b>25 min</b>	<ul style="list-style-type: none"> <li> Instruct the students to break into groups of 3 and turn to the Student Workbook. Have each person take a turn reading a card and have the other two members of the group answer the question. The correct answer can be found in BOLD print in this guide.</li> </ul> <p>(continued on next page)</p>	SW 3

# Heat Injury Cards Exercise



You are bustin' out some line and your swamper starts complaining about being thirsty and getting leg cramps. He is most likely:  
 A) being a baby and should get in better shape  
 B) has heat cramps, is more than likely contagious and you should keep away  
 C) should take a break, eat some food and drink some water

You are an EMT and have been called to assess the condition of a firefighter who has gone down with minor heat illness. After your assessment, you recommend:  
 A) **have the firefighter go back to ICP and rest for the remainder of the shift.**  
 B) they should power on. There is work to do and their symptoms should go away in a little bit.  
 C) drink a lot of caffeine; this should give them more energy to finish the shift out.



Your crew is about to do their morning physical training hike. A fellow crewmate insists that everyone should chug two quarts of water before. You should really be drinking water:  
 A) throughout the day  
 B) before and after exercise  
 C) intermittently during exercise  
 D) **all of the above**

You are from Alaska and your crew has been sent to Southwest Arizona on a fire. To properly acclimate to the heat you should:  
 A) **take it easy for a few days to allow time for your body to adjust to the change**  
 B) get right to work, you are in great shape so why should it matter?  
 C) spend as little time as you can out in the heat, refusing to go out on the fireline



The best course of action for treating a suspected heat related illness is to:  
 A) **disengage; try to shed some layers and sip water or a sports drink.**  
 B) work out harder; no pain, no gain.  
 C) get the individual away from anyone else who could become affected; you don't want the rest of the crew to come down with it!

You are a division supervisor on a fire and come across a firefighter on a crew who is complaining of dizziness and severe headache. He tells you he has vomited a few times, and has stopped urinating. You should:  
 A) tell him to keep up the good work, and you continue up the line.  
 B) **you check his pulse and find it rapid, so immediately call for Medivac.**  
 C) you tell him it sounds like he has the flu; he should contact his crew boss and get back to ICP.



Which color of urine would indicate an adequate hydration status?  
 A) dark, cola colored  
 B) bright yellow  
 C) **a pale, wheat color**

One of your crewmembers has the habit of drinking energy drinks instead of water, arguing that any type of liquid will hydrate you. She is:  
 A) wrong, she should supplement her energy drink intake with coffee, both are effective means of hydration.  
 B) **wrong-energy drinks with high levels of caffeine have a diuretic effect on your body and she should drink more water**  
 C) correct, caffeinated beverages still provide hydration and it's the same as drinking water.



## Want More Information?



### Beyond Your Limits

- Heat Illness Basics for Wildland Firefighters
  - [www.fs.fed.us/fire/safety/heat-illness.pdf](http://www.fs.fed.us/fire/safety/heat-illness.pdf)